

Amount Per Serving	% Daily Value
Manganese (from manganous gluconate).....	2 mg *
Selenium (from sodium selenate).....	10 mcg *
Chromium (from Chromax® chromium picolinate)...	10 mcg *

% Daily Value for pregnant and lactating women.

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), modified cellulose, silicon dioxide, magnesium stearate (vegetable source), glycerin.

SUGGESTED USE: Take three tablets daily, divided among meals. Pair with a calcium supplement to meet the full recommended intake.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, eggs, peanuts, tree nuts, crustacean shellfish or fish.

Our Prenatal with DHA is designed to meet the nutritional demands on a woman's body before, during and after pregnancy. Each lot is tested for proper tablet breakdown in the stomach.†

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison center immediately.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Plant-Sourced DHA

PRENATAL WITH DHA

Multivitamin with Iron, Folic Acid and Choline

Nutritional Support Before, During,
and After Pregnancy[†]

Dietary Supplement

90 VEGETARIAN TABLETS



Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (100% as beta-carotene)	4,000 IU 50%
Vitamin C (as ascorbic acid)	70 mg 120%
Vitamin D3 (as cholecalciferol)	500 IU 125%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU 100%
Thiamin (as thiamine hydrochloride)	2 mg 120%
Riboflavin	2 mg 100%
Niacin (as niacinamide)	20 mg 100%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg 100%
Folic Acid	800 mcg 100%
Vitamin B12 (as cyanocobalamin)	8 mcg 100%
Biotin	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate)	10 mg 100%
Calcium (from dibasic calcium phosphate, calcium citrate and calcium pantothenate).....	350 mg 35%
Iron (from ferrous fumarate)	27 mg 150%
Phosphorus (from calcium phosphate)	240 mg 24%
Iodine (from potassium iodide)	150 mcg 100%
Magnesium (from magnesium citrate)	150 mg 35%
Zinc (from zinc gluconate)	15 mg 100%
Copper (from copper gluconate)	2 mg 100%
Choline (as choline bitartrate)	150 mg *
DHA (from algae)	50 mg *
Lemon bioflavonoid complex	25 mg *

KEEP OUT OF REACH OF CHILDREN.

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